

**Assembly Concurrent Resolution No. 31**

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Adopted in Assembly    May 15, 2003

\_\_\_\_\_  
*Chief Clerk of the Assembly*

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Adopted in Senate    July 7, 2003

\_\_\_\_\_  
*Secretary of the Senate*

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This resolution was received by the Secretary of  
State this \_\_\_\_\_ day of \_\_\_\_\_, 2003,  
at \_\_\_\_\_ o'clock \_\_M.

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*Deputy Secretary of State*

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## RESOLUTION CHAPTER \_\_\_\_\_

Assembly Concurrent Resolution No. 31—Relative to pupil fitness.

## LEGISLATIVE COUNSEL'S DIGEST

ACR 31, Montanez. Education: physical fitness.

This measure would express the Legislature's recognition that California schools have an obligation to provide physical education to their pupils, and would urge California schools to comply with those obligations. The measure, in addition, would make several related legislative declarations.

WHEREAS, There has been a dramatic increase in overweight and unfit California children during the last 20 years; and

WHEREAS, Overweight children face an increased risk of health problems, including, but not limited to, Type 2 diabetes, high blood pressure, high blood lipids, asthma, sleep apnea, chronic hypoxemia, early maturation, and orthopedic problems; and

WHEREAS, Overweight children are similarly faced with many psychological problems, including, but not limited to, low self-esteem, poor body image, and depression; and

WHEREAS, Overweight children are likely to become overweight adults, and are thus likely to suffer from illness during their adulthood; and

WHEREAS, The problem of overweight children results in an enormous financial burden on California as significant medical and financial resources are expended in treating overweight youth and adults; and

WHEREAS, Physical fitness plays a key role in keeping children healthy by reducing their risk of becoming obese and suffering from related diseases; and

WHEREAS, The Legislature recognizes that California schools play a pivotal role in keeping children fit by complying with physical fitness requirements; and

WHEREAS, Many California schools have failed to comply with existing physical education requirements, thus exacerbating the problem of overweight children; now, therefore, be it



*Resolved by the Assembly of the State of California, the Senate thereof concurring,* That the Legislature recognizes the importance of physical education in maintaining healthy children, and urges California schools to fulfill their physical education obligations; and be it further

*Resolved,* That the Chief Clerk of the Assembly transmit copies of this resolution to the Governor and to the State Department of Education and that the State Department of Education disseminate this resolution to the governing board of each school district.



Attest:

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*Secretary of State*

